

MAY 5, 2018 | 9AM
ENDURANCE RIDE
DUBUQUE, IA



ROLL & SOLE-A-THON

for ARK ADVOCATES

ENDURANCE RIDE

GROUP RIDE:

- Register (8:30am) and start at **9:00am** or at your leisure from the Mystique Community Ice Center.
- Both **20 mile** and **40 mile** route options.
- Route details are posted online.
- Participants entered into a prize drawing.

REGISTRATION FEE:

- Registration Fees: Adults - \$20; Children 12 and under - \$10; Family Rate - \$50. **After April 21:** Adults - \$25, children - \$12 & family - \$60
- Fee includes a t-shirt. T-shirts are guaranteed by April 21 and as available day of the event.
- New Team T-shirt Colors available this year!
- Your registration fee also covers participation in the fun and food to follow
- Bike Ride & Walk starts at 11am has a 1-5 mile option.

REGISTRATION ALSO ONLINE:

GETMREGISTERED.COM/ROLLANDSOLEATHON



NEVER GIVE UP!

Joel began using a power wheel chair in 2nd grade as his ability to walk on his own was slowly taken from him by Ataxia Telangetasia. Joel was born with A-T, a neuro degenerative disease that has not only taken away his ability to walk; but to dress himself, write, feed himself, etc. He jerks and has tremors on occasion and his speech is harder to understand as he tires. His immune system is lower also. With all of this going on in his body, Joel continues to have a great sense of humor and a quick wit. His smile is contagious & he laughs with his whole body. Joel loves sports and began working out a few years ago. That is when he started to have more stamina and is working hard combat the disease he lives with daily which currently has no treatment or cure. His recent work outs have included bike riding. We have used the ARK Lending Library for a couple of different bikes that Joel has tried at the ARK Roll & Sole-A-Thons. Biking has added another activity to his life that he really enjoys. Joel says he has a need for speed so we are happy to have him ride the bikes that are equipped with seat belts and backs to the seats. Please come out and support ARK as they provide individuals with disabilities a chance to enjoy one of the best things in life. the joy of participating in an activity like bike riding!



-The Joel Harvey Family



ARK
ADVOCATES

PRE-REGISTRATION:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Your registration fee allows you to take part in one or both events. You are participating as: (check all that apply)

- Endurance Ride
 An individual
 Part of a team or family

Team Name: _____

(Captain packets mailed or found online.)

Circle payment type: Enclosed or Paypal
 (Checks payable to "ARK Advocates")

Participant's Names:	Registration Fee: Adult \$20, Children (12 & under) \$10 After April 21: \$25, \$12, \$60	T-shirt size in either Child or Adult sizes. (Included with registration)

WAIVER: In consideration of being permitted to participate in this event, I hereby for myself, my heirs, and personal representatives assume any and all risks which might be associated with the event. I further waive, release, discharge, and covenant not to sue ARK Advocates, its officers, employees, sponsors, organizers, volunteers, or other representatives, or their successors and assigns, for any and all injuries or damage of any kind whatsoever suffered as a result of taking part in the event and/or any related activities. I also agree to the use of any photo, film, or videotape of the event for any purpose.

Signature _____ (Guardian's signature if necessary)



Forms can be mailed to:
 ARK Advocates: Roll & Sole-A-Thon
 P.O. Box 3024, Dubuque, IA 52004



**OR REGISTRATION AND DONATION
 ALSO AVAILABLE ONLINE AT
WWW.ARKADVOCATES.ORG**